

June 21 ~ August 3, 2008

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:30-7:30am Vinyasa Yoga (Natalie)	7:45-8:40am Stott Mat Pilates (Kay Finn)	6:30-7:30am Vinyasa Yoga (Natalie)	6:30-7:30 Rise and Shine Yoga (Linda S)	6:30-7:30am Pilates (Sandra)	7:45-8:30am Pilates (Linda W.)	8:00 – 9:00am Pilates (Sandra)
8:00-8:45am Zumba (Linda S.)	8:00-9:00am Interval Training (Kathy)	8:00-8:45 am Sculpting w/Balls (Teresa)	8:00-8:45am Zumba (Linda S.)	8:00-9:00am Interval Training (Kathy)	8:45-9:30am Pilates (Linda W.)	9:15–10:30am Power Yoga (Joe)
8:45-9:45am Yoga Stretch & Strengthen (Linda S.)	8:45-9:45am Yoga Basics (Cathy M.)	8:45-9:15am Core Conditioning (Teresa)	9:00-10:00am Pilates (Linda S.) *new time	8:00-9:15am Beginning Vinyasa Yoga (Jyoti)	10:15-11:45am Hot Yoga (Abby/Natalie)	10:45 – 11:45am Stott Pilates (Kay/Jill)
10:00 – 11:00am Pilates (Linda W)	9:55-11:00 Yoga Basics (Cathy M.)	9:30-11:00am Vinyasa Yoga (Janine)	10:00 – 11:15am Weight Masters Nutrition Group (Jane Polley, M.S.,R.D.LDN) Conf *	9:30-10:30 Stretch Yourself (Stephanie)		
11:30-12:45 Svaroopa Yoga (Caroline)*	10:30-11:30am Sculpting & Core w/Balls Conf room (Kathy Ney) 12:00-1:30 Adv. Beginning Vinyasa Yoga (Janine)	11:05-11:50pm Pilates (Linda W.)	10:30 – 11:45am Beginning Vinyasa (Janine)	11:00-12:00 Pilates (Linda W.)		
4:30-5:30pm NIA (Lisa)	5:00-6:15pm Simply Yoga (Joe)	4:30-5:30pm Stott Mat Pilates (Linda S.)	5:00-6:00pm Pilates (Sandra)			
5:45 – 7:15 pm Harmony Flow Yoga (Linda S)		6:00 – 7:30pm Just Yoga (Helene)	6:30 – 8:00pm Hot Vinyasa Yoga (Joe)	Close at 2:00 Starting 6/20		
7:30-8:45pm Simply Hot Yoga (Joe)	6:30- 8:00pm Hot Vinyasa Yoga (John C.)	7:00-7:45pm Pilates (Sandra) Conference room	7:30-8:00pm Qigong (Judith) Conference Room			
	7:00 – 8:15pm Weight Masters Nutrition Group (Jane Polley, M.S.,R.D.,LDN) Conf *		8:00-9:00pm Tai Chi (Judith) Conference Room			

*= Additional Fee (Svaroopa \$5)

~Waxing by *In Vogue* on Wednesday's from 9-11 at Lumina. ~

Private Yoga Classes / Private Yoga Instruction

We offer private yoga classes and individual private yoga instruction. If you are new to yoga, it can sometimes be intimidating to come in to a class and follow the teachers instruction when you don't know the poses. We can help you understand the basics of yoga as well as the terminology used.

We can also help experienced yogi's take their practice to a new level. Sometimes in our yoga practice we can reach a point where we feel as though we are not progressing. It can be very helpful to have another experienced yogi observe our practice and offer insights.